

MyPyramid.gov Crossword

MyPyramid Plan can help you choose the foods and amounts that are **(right)** for you

For a quick estimate of what and how much you need to eat, enter your age, sex, and **(activity)** level

Teenagers need to get **(sixty)** minutes of exercise daily

(Orange) is the color that represents grains on myPyramid

Whole grain foods include the **(bran)**, germ and endosperm

The color green on the myPyramid represents the **(vegetable)** group

Fruits are represented by the color **(red)**

2 cups of leafy greens equals 1 **(cup)** of vegetables

A major benefit of eating whole fruit over drinking fruit juice is you get more **(fiber)** from whole fruits.

Fruits and vegetables are an excellent source of **(potassium)**

Most choices from the **(milk)** group should be low-fat or fat-free

Foods in the Meat & Beans group are grouped together because they are high in **(protein)**

Nuts are part of the Meat & **(Bean)** group

(Oils) are fats that are liquid at room temperature

Olive oil is an excellent source of **(monounsaturated)** fat, the best type of fat

(Discretionary) calories are the calories that are left over after eating the suggested number of servings from all the food groups

Being physically active is a key element in living a longer, healthier, happier **(life)**

The internet address for the new pyramid is **(MyPyramid.gov)**

A fun computer game to learn to use MyPyramid.gov is MyPyramid **(Blast)** Off

The United States Department of **(Agriculture)** is responsible for developing MyPyramid.gov

The milk group is represented by the color **(Blue)** on myPyramid.gov

The color **(Purple)** represents the Meat & Beans section of myPyramid.gov

The color **(Yellow)** represents the Oils section of myPyramid.gov.

Right/MyPyramid Plan can help you choose the foods and amounts that are _____ for you.

Activity/For a quick estimate from myPyramid.gov of what and how much you need to eat, enter your age, sex, and _____ level.

Sixty/Teenagers need to get _____ minutes of exercise daily.

Orange/_____ is the color that represents grains on myPyramid.

Bran/Whole grain foods include the _____, germ, and endosperm of the grain kernel.

Potassium/Fruits and vegetables are an excellent source of _____.

Vegetable/The color green on the myPyramid represents the _____ group.

Red/Fruits are represented by the color _____.

One/Two cups of leafy greens equals _____ cup of vegetables.

Fiber/A major benefit of eating whole fruit over drinking fruit juice is you get more _____ from whole fruits.

Milk/Most choices from the _____ group should be low-fat or fat-free.

Protein/Foods in the Meat & Beans group are grouped together because they are high in _____.

Beans/Peanuts and sunflower seeds are part of the Meat & _____ group.

Oils/_____ are fats that are liquid at room temperature.

Monounsaturated/Olive oil is an excellent source of _____ fat, the healthiest type of fat.

Discretionary/_____ calories are the calories that are left over after eating the suggested number of servings from all the food groups.

Life/Being physically active is a key element in living a longer, healthier, happier _____.

MyPyramid/The internet address for the new pyramid is _____ .gov.

Blast/A fun computer game to learn to use MyPyramid.gov is MyPyramid _____ Off.

Agriculture/The United States Department of _____ is responsible for developing MyPyramid.gov.

Dietary/MyPyramid works with the _____ Guidelines to help Americans be healthy.

Blue/The milk group is represented by the color _____ on myPyramid.gov

Purple/The color _____ represents the Meat & Beans section of myPyramid.gov.

Yellow/The color _____ represents the Oils section of myPyramid.gov.